



MINDWRITE

Handwriting practice lines on the left side of the page, consisting of 20 horizontal dotted lines.

Handwriting practice lines on the right side of the page, consisting of 20 horizontal dotted lines.

➤ one good deed

_____ / _____ / _____

☞ i am grateful for...

 $\mathbb{Y}\mathbb{X}$ relationship reflection

✓✓ top priorities

// exercise tracker

N habit tracker

» my intention for today is...

✱one good deed

Handwriting practice lines on the left side of the page, consisting of 20 horizontal dotted lines.

Handwriting practice lines on the right side of the page, consisting of 20 horizontal dotted lines.

YK relationship reflection

✓ top priorities

-
-
-

 exercise tracker

/// habit tracker

<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

» my intention for today is...

7 one good deed

Handwriting practice lines on the left side of the page, consisting of 20 horizontal dotted lines.

Handwriting practice lines on the right side of the page, consisting of 20 horizontal dotted lines.

 one good deed

_____ / _____ / _____

YK relationship reflection

✓ top priorities

-
-
-

 exercise tracker

/// habit tracker

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

» my intention for today is...

7 one good deed

Handwriting practice lines on the left side of the page, consisting of 20 horizontal dotted lines.

Handwriting practice lines on the right side of the page, consisting of 20 horizontal dotted lines.

∞ i am grateful for...

-
-
-
-
-

∞ relationship reflection

.....

.....

.....

.....

.....

∞ top priorities

-
-
-

∞ exercise tracker

∞ habit tracker

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

∞ my intention for today is...

.....

∞ one good deed

.....

∞ the weekly ones

one thing I would have done differently

.....

.....

.....

one lesson i learned

.....

.....

.....

one win

.....

.....

.....

one thing that inspired me

.....

.....

.....

one new experience i had

.....

.....

.....

one thing i have to look forward to

.....

.....

.....